

Program and Resource Quick Referral List



Resource	Tobacco	Alcohol	Healthy Eating	Physical Activity	Format	No cost	Referral Type	Patient Follow-up	Contact Information/ Referral Forms
Healthier Together	✓	✓	✓	✓	Online resources	✓	Self		Resources
Alberta Healthy Living Program	✓		✓	✓	Health education workshops, exercise classes, other (zone specific)	✓	Self, PCP*	✓	Referral Forms
Better Choices Better Health	✓	✓	✓	✓	Six-week workshop (online or in-person)	✓	Self, PCP	✓	Registration
Myhealth.Alberta.ca	✓	✓	✓	✓	Online resources	✓	Self		Resources
AlbertaQuits	✓				Online, phone, text, counselling (1:1, group)	✓	Self, PCP	✓	Fax Referral Form
24 Hr Addiction Helpline	✓	✓			Phone	✓	Self		1-866-332-2322
Addiction & Mental Health	✓	✓			Phone, counselling	✓	Self, PCP	✓	Contact Information
Drug Safe: Alcohol		✓			Online resources	✓	Self		Resources
Prescription to Get Active				✓	Online resources	✓	Self		Resources
UWALK				✓	Online resources	✓	Self		Registration
Canada's Food Guide			✓		Online resources	✓	Self		Resources
Steps to a Healthier You			✓		Online resources	✓	Self		Resources

* PCP = Primary Care Provider

Referral Directories:

- **[InformAlberta](#)**: InformAlberta is a provincial on-line directory of publicly funded and/or not-for-profit community, health, social, and government organizations and services. The directory is maintained by the [InformAlberta Participants](#) – health zones and community information & referral services across Alberta.
- **[Alberta Referral Directory](#)**: The Alberta Referral Directory (ARD) is Alberta Health Services' designated system of record for referral information. The directory is comprised of service and consultant demographics, referral guidelines, referral forms and detailed instructions to facilitate referral acceptance without delay.

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Space provided below to record programs/resources offered through your PCN: